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(Writing)

Second intermediate

( Giving advice )

Being overweight is a serious problem and we should all do our best to overcome this problem. To lose weight, I think you need to have a balanced diet of vegetables and fruits .You should eat less carbohydrates and fats . You should drink at least eight glasses of water a day. You need to practise a sport or at least run for a few kilometers . If you can't run , you can just walk for half an hour every day . Don't eat while you are watching television and always start with salads . Don't eat ketchup or fast foods because they have a lot of calories that make you fat. You shouldn't drink cola or canned juices , instead you can drink milk or fresh juices .At last you can see a doctor to help you solve this problem .If you lose weight ,you will do a lot of things and you will enjoy your life .You will also protect yourself from serious diseases

( Story )

It was a dark and stormy night .My dear friend Ali returned home from work. He was tired and wanted to sleep . While he was taking off his coat , he heard a strange noise coming from the kitchen . He felt scared because he thought there was a thief inside the house. Ali picked his umbrella then he opened the kitchen door slowly to see what was happening. To his surprise he saw a black cat on the table . He laughed and felt relieved. The cat entered from the window as he forgot to close it before going out. It was his neighbour's cat. Ali took the cat and gave it to his neighbour who thanked him. Finally, Ali returned home and went to sleep happily.

## **( Restaurant review )**

AL Abraj Restaurant is a very famous restaurant . It is located in Manama . It has a lot of branches in many other places around Bahrain . It is a modern restaurant . It serves all kinds of dishes from everywhere in the world . It has a friendly and relaxing atmosphere . The prices are not high. The design is simple and the atmosphere is very relaxing . The dishes are delicious and tasty . I think the service is excellent and fast . You get your meal in fifteen minutes . The staff are polite , friendly and helpful . You should visit AL Abraj restaurant because it is wonderful . It is very good for families and friends.

المناهج البحرينية  
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## **(Describing a shopping mall)**

City Centre is the biggest mall in Bahrain . It is in Manama . It is near Al- Seef mall. It has a big parking area for cars . It opens from 10 a.m until 12 p.m . It has 3 floors. There are a lot of lifts that help shoppers to move around. There are also a lot of shops selling clothes , shoes , jewellery , toys and games. So you can get all that you need in one visit. There are a lot of restaurants where you can have your favourite meals. There are a lot of cinemas, so you can watch new films . The service is fast and good .The staff are helpful and friendly. The prices are not high. You should visit City Centre. It is wonderful . It is good for families and friends . You will enjoy a lot there.

## **(Film review)**

Yesterday I went to Al Seef cinema as there was an interesting film there. I went there with all my family. The hero of the film was Tom Cruise. I usually like to watch his films. That film was talking about life in the future. The plot was very perfect. The music was wonderful. What I liked most about that film was the use of modern technology in making the tricks. The film lasted for two hours. We enjoyed very much. During the break we had cold drinks and some sweets. You should all watch that film .You will enjoy a lot.

## **( Personal profile )**

My name is Ali . I am fourteen years old. I am a student at Al Bilad Al Qadeem intermediate School for boys. My father is a doctor and my mother is a teacher. I have two sisters .They are older than me. In my free time , I enjoy playing games such as football , basketball and tennis . Also I like watching. football matches. I love catching fish. I like gardening because it makes me feel quiet. I like riding bicycles as it makes me active. I also like playing music. My favourite musical instrument is the piano. I don't like kickboxing as it is dangerous . My luxury item is my ball. It is always with me so that I can start playing whenever I want .



## **(Stress of the exams)**

Stress of exams is something common. Many people are so afraid of exams that they are unable to enter the exam room. We should all do our best to overcome this problem. Here is some advice to overcome your fear. First of all you should study hard from the first day of the year. You should organize your time. You can make a timetable. Revise regularly. You should not leave revision till the last moment. It is important to get enough sleep before the exam or you will not be able to think well. You should also have healthy food that can give you energy. At last you should have a strong will and believe in yourself in order to overcome your fear and pass the exams.